

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

June 2014

Confetti Bean Salsa Simple Skillet Pizzas Frosty Apple Cow Oven Fried Potatoes Sweet and Sour Rice

Simple Skillet Pizzas

6 whole wheat tortillas
1 cup pasta sauce
1½ cups lean ground beef or chicken, cooked
3 cups reduced fat shredded cheddar cheese
1½ cups chopped romaine lettuce
1½ cups diced tomatoes

1. Coat a skillet with nonstick cooking spray and bring to medium-high heat.
2. Start by toasting one tortilla in the skillet for 30 seconds, then flip to allow both sides to be lightly toasted.
3. Add a thin layer of pasta sauce, beef or chicken, and cheese on top of tortilla. Allow to heat throughout.
4. Remove from skillet and top with lettuce and tomatoes.
5. Slice into four wedges. Repeat steps above to make the remaining five pizzas.

Recipe Source: Texas A&M AgriLife Extension Service

Nutrition Note: This recipe makes 6 pizzas. Each pizza has 283 calories, 10 grams of fat, 15 grams of protein, 33 grams of carbohydrates and 723 milligrams of sodium.



Confetti Bean Salsa

1 can (15-16 ounces) red or black beans
1 can (11 ounces) whole kernel corn
1 cup salsa

1. Rinse beans and corn under cold running water and drain thoroughly.
2. Combine beans, corn and salsa in medium size bowl.
3. Mix all ingredients together.
4. Serve with baked tortilla chips, raw vegetables or whole grain crackers.

Recipe Notes: Include chopped cilantro or parsley for added flavor. Mix in reduced fat cheese cubes for added calcium and protein. Mix in other vegetables such as chopped peppers or onions.

Recipe Source: Eat Right Montana, www.eatrightmontana.org

Nutrition Note: This recipe makes 6 servings. Each serving has 117 calories, .5 grams of fat, 6 grams of protein, 24 grams of carbohydrates and 734 milligrams of sodium.

Breastfeeding:

Why breastfeed?

"I breastfeed because I feel it is so much healthier than formula."

~ Jennifer, WIC Breastfeeding Mom from Bismarck, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Frosty Apple Cow

2 cups 1% or skim milk
2 cups vanilla ice cream, softened
6 ounces (½ can) frozen apple juice concentrate
¼ teaspoon cinnamon
¼ teaspoon nutmeg

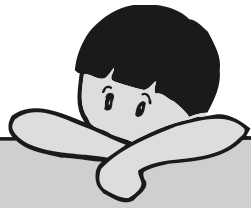
1. Place all ingredients in a blender and cover.
2. Blend until smooth.

Nutrition Note: This recipe makes 8 servings. Each serving has 120 calories, 4 grams of fat, 3 grams of protein, 20 grams of carbohydrates and 55 milligrams of sodium.



Kid-friendly Veggies and Fruits

Smoothie Creations: Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned and even overripe fruits. Try bananas, berries, peaches and/or pineapple. If you freeze the fruit first, you can even skip the ice.



Turn Off the TV

Play Throwing Golf: Take turns throwing a ball toward a big target. Count how many throws it takes to get to the target. Then play again by picking a new target.

Source: www.headstartbodystart.org

Oven Fried Potatoes

6 medium potatoes, peeled and cubed
2 tablespoons grated Parmesan cheese
1 teaspoon salt
½ teaspoon garlic powder
½ teaspoon paprika
¼ teaspoon black pepper
3 tablespoons vegetable oil



1. Preheat oven to 375 degrees.
2. Place potatoes into a large resealable plastic bag.
3. In a small bowl, combine the Parmesan cheese and seasonings; add to potatoes and shake to coat.
4. Coat a 10x15x1-inch baking pan with nonstick cooking spray, then pour the vegetable oil onto the pan.
5. Place potatoes into the pan.
6. Bake uncovered for 40 to 50 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 230 calories, 8 grams of fat, 5 grams of protein, 37 grams of carbohydrates and 430 milligrams of sodium.

Sweet and Sour Rice

4 boneless, skinless chicken breasts
1 teaspoon vegetable or olive oil
2 cups uncooked instant brown rice
1 bag (16 ounces) frozen stir-fry vegetables
1 can (8 ounces) pineapple chunks canned in juice

Sauce:

⅓ cup sugar
2 tablespoons cornstarch
½ cup water
3 tablespoons reduced sodium soy sauce
3 tablespoons vinegar
2 teaspoons ketchup

1. Cut chicken into ¾ inch pieces.
2. Heat oil in skillet over medium heat. When oil is hot, add chicken and cook until done. Remove chicken to a bowl and set aside. Set frying pan aside.
3. Heat water for rice to boiling. Add rice. Cook rice according to the package directions.
4. Return skillet to the stove. Add sauce ingredients. Cook over medium heat. Bring to a boil, stirring constantly.
5. Stir in the chicken, vegetables and pineapple (undrained). Reduce heat to medium low. Cook about 5 minutes.
6. Serve chicken and vegetable mixture over rice.

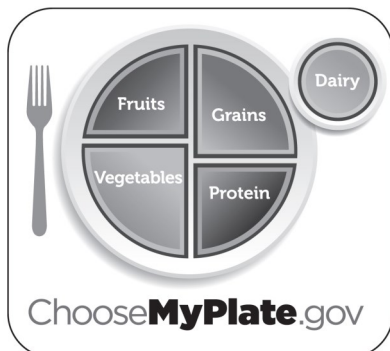
Recipe Adapted from Iowa State University Extension and Outreach
<http://www.extension.iastate.edu/foodsavings/>

Nutrition Note: This recipe makes 5 servings (⅔ cup rice and 1¼ cups sauce mixture). Each serving has 420 calories, 5 grams of fat, 34 grams of protein, 58 grams of carbohydrates and 430 milligrams sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Choose to eat some foods more or less often.

Choose more vegetables, fruits, whole grains and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars and salt.